

BUILDING IS CLOSED DURING COVID-19

## COA STAFF

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**Van Drivers**

Mary Brown, Jim Keeley,

Joe Swindler

## COA BOARD

John D. Miller, Chair

Janice Desmond, Vice Chair

Leslie James, Caitlyn Coyle,

Janice Lindblom, Susan Kelly,

Associate members Pat Carleton

and Barbara McFadden

**Selectman Liaison**

Karen Canfield



# SENIOR HAPPY'NINGS

**NOVEMBER/DECEMBER 2020**

27 BROOK STREET

SCITUATE, MA 02066

781-545-8722



**HOURS OF OPERATION:**

Monday—Thursday

8:30 AM—4:30 PM

Friday

8:30 AM—3:00 PM

## MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

*Talk to yourself like you would to someone you love.* — Brene Brown

**From the Director:** Thank you to those who completed the online survey to help us gauge how you feel about our providing on-site activities at the appropriate locations we have available. Based on that and other feedback, we are offering a few activities indoors for small groups while following the recommended guidelines: In the large Veterans Memorial gymnasium, we will have a few of our fitness classes continue after having met outside since July, including Zumba; Tai Chi; Balance 4Life; Strength Training; and Pickleball. In the Harbor Building, we will accommodate a few small groups, including seated low-impact Joint Efforts exercise; knitting, and expressive writing. We will require that our participants respect our guidelines by maintaining social distancing and wearing face-masks when indoors in each other's company. Also, our staff and Town custodians will be providing cleaning and disinfecting of the spaces and the equipment we are using regularly, along with maintaining measured distancing lines. We want to assure you that we are doing all we can to keep you safe and that by following the guidelines put in place we hope you feel able to make a choice to find activity that makes you feel good and is healthy, but that does not put your health at risk. For those not comfortable as yet with moving to indoor activity, we will be:



- updating our fitness videos to run on SCTV weekly;
- maintaining Zoom activities to keep you mentally and physically active at home;
- providing a Read Together program connecting volunteers by phone with individuals who would enjoy hearing a novel read for a certain agreed-upon amount of time each week;
- providing special entertainment by video and cable TV to bring some added enjoyment to your day-to-day routines;
- AND MORE!

We hope you will take part in our Grab and Go Thanksgiving lunch "box" for pickup on Wednesday, November 25 to enjoy in your home—along with the *Singing Trooper* on SCTV. In December, we will provide another opportunity or you to "stop by" and collect a Christmas decoration and surprise treat.

I want to thank our Transportation Coordinator for the last two years, Kathy Clarkeson, who has decided to retire along with her husband, John—we are very happy for her and grateful for all she has done to assist our clients—and so much more. As luck would have it, we were able to find and hire a wonderful replacement in Ann Gifford—welcome, Ann!

*Please be kind to yourselves! You are in my thoughts.* ♥ **Linda**



## News

### We have some exciting news!!! Online registration!

You can REGISTER ON-LINE for most classes and activities, (including Zoom classes) using this system. All you need to do is activate your account with a few easy steps! 😊

Registration is online!

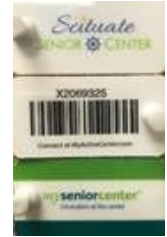
my active center

There will be two ways to register for Scituate COA programs:

Online using **MyActiveCenter** OR by phone at 781-545-8722

**Please note:** Online registration is only available if you have an **existing key tag** and you have created a **MyActiveCenter account**. Your key tag will look like the **picture shown here**.

You will need to type the numbers including the 'X' on the back of your personal key tag when you activate your account. **If you need a key tag**, call the office 781-545-8722.



If you need help **setting up your account and registering for classes**, call the office for technical support. There are a few easy steps to follow. Be sure you are using one of the following web browsers: Google Chrome, Mozilla Firefox or Microsoft Edge.

We are looking forward to working together with you in providing this new option for program registration. We hope you will let us know what you think! **Stay well, stay safe, stay connected!** We are excited to offer this on-line system to provide you with an opportunity to register for MOST of our activities and classes when it's convenient for you! Now you can easily register for classes even when the office is closed. If you have any questions or need assistance in activating your account, please email or call the office.

**Payment Procedure:** *If there is a cost associated with your program, we continue to accept cash or checks, which can be mailed to 27 Brook Street or dropped off during office hours or in our mailbox. We can also now offer electronic payment options through our town website.*

**UniPay electronic payment options through UniBank and the Town of Scituate website.**

Options are now available for paying by electronic check (minimal fee) or by credit card (larger fee – but able to pay for multiple items in one shopping cart with only one fee applied at the time). [To get to the main UNIPAY page from www.scituatema.gov:](http://www.scituatema.gov)

Click **Online Services**;

Click **Pay Bills Online**;

Click **More From Town Clerk / Public Schools / Council on Aging**;

Click **Town of Scituate Council on Aging**

Link is also available on the COA page; select from the blue menu on the left.

You have the opportunity to make payments for the following:

- ⇒ **Fitness Classes** – Balance; Strength; Zumba Gold; Chair or Gentle Yoga
- ⇒ **Programs** – Scituate History with Bob Jackman (\*other programs will be added as we are able to offer)
- ⇒ **Transportation** – Out of Town Medical rides (20-mile radius; beyond 20 miles as far as Boston/Plymouth); 10-ride Pass
- ⇒ **Donations** – Programs, to underwrite program overhead costs; Emergency Needs, which are often identified by our Outreach Department for clients in need; or Gifts, which would be applied to Senior Center building needs.

# Services & Support

## **THE SCITUATE FOOD PANTRY**

Hours: Tues 10am-12:15pm, Thurs 3:30-5:15pm.

### **NEW PROTOCOL—ONLY AVAILABLE FOR DRIVE UP**

**SERVICE— Stay in your vehicle.** You drive up, drop off your shopping list, they shop for you and bring your items to the trunk of your car. The food pantry is NOT taking food donations at this time. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

*If needed, you can call and request delivery of items. Call and leave a message. If not a previous client, call and leave a message with new request and they will return the call.*



## **SNAP —You can buy food on-line using SNAP**

1. Add your SNAP EBT card to Amazon and/or Walmart Account.
2. Shop online for SNAP authorized foods. Look for "SNAP EBT eligible" on Amazon
3. Checkout using your EBT PIN: You cannot use cash benefits on an EBT card to pay. SNAP benefits cannot be used to pay for shipping or delivery fees
4. Schedule your delivery. Available with Amazon and some Walmart locations.

For MORE INFORMATION, go to [www.Mass.gov\SNAPonline](http://www.Mass.gov\SNAPonline)

## **FUEL ASSISTANCE 2020-2021**

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action has begun, and will run until April 30, 2021. The program is open to the community and the Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

ID for head of household

Social security numbers and DOB for all family members

Last 30 days income for all family members over 18 unless in college full time. Social security award letter, Pension or IRA distributions, Unemployment, Child support.

Copy of heat bill

Copy of electric bill

Copy of Town of Scituate **tax** bill

Copy of mortgage bill or rent receipt if applicable

Copy of homeowner's cover letter if you own your house  
Income Eligibility:

Family of 1 \$12,760.00 - \$39,105.00

Family of 2 \$17,240.00 - \$51,137.00

Family of 3 \$21,720.00 - \$63,169.00

Please call Jenny Gerbis with questions and a phone appointment 781-545-8873

## **GRIEF SUPPORT GROUP**

A grief support group to provide support to those in our senior community who have experienced the loss of a loved one.

Initially the group will meet on a virtual platform (Zoom) until covid restrictions are lifted. If you are interested in learning more about this new group, contact Lisa Thornton @ 781-545-8875 or Susan Drevitch Kelly @ 781-254-7133. You can also email us at [ltornton@scituatema.gov](mailto:ltornton@scituatema.gov) or [susan@sdkelly.com](mailto:susan@sdkelly.com)



## **BEWARE OF FRAUDULANT CALLING TO SENIORS!**

These calls start with "This Is Medicare Calling" and begins with asking what medications I am taking, etc. **Medicare does NOT call members and ask for personal information.**

## **MEALS ON WHEELS PROGRAM**

for home-bound or convalescing seniors  
Monday-Friday through **South Shore**

**Elder Services.** Call 781-848-3910, x415 to inquire about this service. This also includes seniors staying home because of the Coronavirus. Staff are working remotely, so it may take a day or two for them to return calls. You can call the 24-7 answering service and a nutrition manager will get back to the you.



## **PARKINSON'S SUPPORT GROUP**

Participants have an opportunity to "meet" via Zoom with facilitator Leslie Vickers and attendees of her other support groups on **Fridays** at 1:00 pm. There is assistance for those who need it for connecting via Zoom. Contact Linda Hayes @ 781-545-8722 directly if you would like more information.

## **CAREGIVER SUPPORT GROUPS**

### **COA SUPPORT GROUP MONTHLY (ZOOM)**

**Third Wednesday** at 12:00-1:00 pm

This valuable support group opportunity is for all caregivers. The group is led by experienced facilitator and licensed social worker, Suzanne Otte. This is an open group.

If you would like to be added to the list to receive the e-mail or phone call reminder before the meeting, please call Jenny Gerbis @ 781-545-8872. A Zoom invitation can be sent to your e-mail so that you can join the meeting from your home. Newcomers are welcome to begin at any time.

### **AREA SUPPORT GROUP MONTHLY| EVENING** **Caregiver Discussion Groups**

**First Wednesday** at 6:00-7:30 pm Cohasset—VIRTUAL

For information, call Bonnie Haley at 617-686-6173

This group is sponsored by Sunrise Assisted Living, Cohasset, MA. The meeting is held virtually using Zoom—call the above number to request a Zoom invitation or call Lisa Thornton @ 545-8875



# Support— Resources & More

## Medicare and Part D Open Enrollment

October 15, 2020- December 7, 2020

This is the time of year when you, as Medicare beneficiaries, should review your Part D prescription plans or your Medicare Advantage plans (HMO's or PPO's) to ensure that they meet your needs for 2021. You need to check that you will have the coverage you need for 2021 **at the lowest available cost.**

**Please call if you would like an appointment to discuss part D drug plans: 781-545-8722**

Due to mass.gov COVID -19 restrictions we will not be having in person meetings for Part D drug searches. Our SHINE counselor will call with results after you fill out paperwork

We understand that not all people are tech savvy, therefore we will have phone meetings to discuss the results. We ask that you please fill out the Part D drug forms that we mail out and either mail back or drop off at the senior center.

Each client needs to have an account with Medicare.com to select a new Part D drug plan. Instructions are available. This account can be created on the Medicare website, if you are having trouble the SHINE counselor can help you.

### 5 TIPS FROM MEDICARE

- Check your mail. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Note any 2021 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures. **Remember — plans aren't allowed to call or come to your home without an invitation from you.**
- Review your 2021 "Medicare & You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area.
- Think about your Medicare coverage needs for 2021. Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2021 costs or benefits. If you like your current coverage and it's still available for 2021, you don't need to take any action.
- Get personalized help in your community. You may be able to find free information and events online, and help from health insurance counselors in your area by phone, like your SHINE counselor
- Preview 2021 health and prescription drug plans. Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number)

### What you can do during open enrollment?

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare drug plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.



Mon	Tue	Wed	Thu	Fri	NOVEMBER
<b>2</b> 10:00 Yoga –V 10:00 Arthritis Exercise– HCB 11:00 Balance – GYM 12:30 Expressive Writing-HCB 1:00 Memory Training-V 2:00 Zumba Gold– GYM	<b>3</b> 9:00 Men’s Breakfast-V 12:00 Nutrition Talk 1:30 Tai Chi –GYM	<b>4</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 6:00 Caregiver-V 2:00 Zumba Gold– GYM	<b>5</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB	<b>6</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 12:30pm iPad Tech Training 1:00 Parkinson’s Support –V	
<b>9</b> 10:00 Yoga –V 10:00 Arthritis Exercise– HCB 11:00 Balance – GYM 12:30 Expressive Writing-HCB 1:00 Memory Training-V 2:00 Zumba Gold– GYM	<b>10</b> 1:30 Tai Chi –GYM	<b>11</b> <b>Holiday</b> The Senior Center is Closed	<b>12</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB 5:30 COA Board Meeting-V	<b>13</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 12:30pm iPad Tech Training 1:00 Parkinson’s Support-V	
<b>16</b> 10:00 Yoga –V 10:00 Arthritis Exercise– HCB 11:00 Balance – GYM 12:30 Expressive Writing-HCB 1:00 Memory Training-V 2:00 Zumba Gold– GYM	<b>17</b> 1:00 Writing Group-V 1:30 Tai Chi –GYM 2:00 Crafting-V To be Announced	<b>18</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 12:00 Caregiver-V 1:00 History –V 2:00 Zumba Gold– GYM	<b>19</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB	<b>20</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 1:00 Parkinson’s Support-V	
<b>23</b> 10:00 Yoga –V 10:00 Arthritis Exercise– HCB 11:00 Balance – GYM 12:30 Expressive Writing-HCB 1:00 Memory Training-V 2:00 Zumba Gold– GYM	<b>24</b> 1:30 Tai Chi –GYM	<b>25</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 History –V 2:00 Zumba Gold– GYM <b>Grab &amp; Go! Lunch</b>	<b>26</b> <b>Holiday</b> The Senior Center is Closed	<b>27</b> <b>Holiday</b> The Senior Center is Closed	
<b>30</b> 10:00 Yoga –V 10:00 Arthritis Exercise– HCB 11:00 Balance – GYM 12:30 Expressive Writing-HCB 1:00 Memory Training-V 2:00 Zumba Gold– GYM	<u><b>All Programs are either</b></u> <b>VIRTUAL—V</b> <b>VETERANS GYMNASI-</b> <b>UM—GYM</b> <b>HARBOR BLDG—HCB</b>	<i>Some activities may be added later, so watch for updates or reach out and ask!</i>	<b>Schedule for Singing Trooper on SCTV</b> <b>November 1 - 15</b> at 4:00 pm daily <b>November 25</b> at 9:00 am - 2:00 pm on the hour <b>November 26 - 29</b> at 1:00 pm daily		

## It's the holiday season, let's have some fun and keep healthy!

### 'Grab & Go' Goodies !

**November 25th & December 14, 10am-2pm**

*In celebration of the season of giving and joyfulness....*

*Grab and Go* Thanksgiving lunch “box” pick up  
 Wednesday, November 25 to enjoy in your home.

*Grab and Go* for the Holidays, pick up  
 Monday, December 14 a Christmas decoration  
 and a surprise treat.

**Sponsored by the Scituate Council On Aging and  
 Life Care Center of the South Shore**

**CALL TO SIGN UP. LIMITED AVAILABILITY!**

### Nutrition Talk on Zoom December 3 @ Noon

Kathy Jordan, Nutritionist, Big Y Markets

#### Heart Healthy Eating and Shopping !

Explore various meal plans recommended for heart health. Learn about the role of healthy fats, fiber, anti-oxidant and anti-inflammatory foods, vitamins and minerals for maintaining a healthy heart. Discover which products at your local market fit into your heart healthy lifestyle. Dispel current myths and misinformation about diet, nutrition and health.

Call 781-545-8872 to sign up and receive a Zoom invitation.

### Crafting on Zoom Call to sign up!

**NEW**

Do you love to craft? Join Barbara and friends for Crafting on Zoom. Coming soon...Craft-to-Go Kits available! We'll include most supplies, you may need to provide the basics (glue, scissors etc.) Dates /times to be announced!

**November** **Holiday Bows** Instruction provided

**December** **Cotton Angels** Instruction provided

Mon	Tue	Wed	Thu	Fri	DECEMBER
<u>All Programs are either</u> <b>VIRTUAL—V</b> <b>GYMNASIUM-GYM</b> <b>HARBOR BLDG—HCB</b>	<b>1</b> 9:00 Men’s Breakfast—V 1:30 Tai Chi —GYM	<b>2</b> 8:30 & 10:00 Yoga—V 9:45 Chair Yoga-V 11:00 Lift Your Spirits-GYM 1:00 History —V 2:00 Zumba Gold— GYM 6:00 Caregiver-V	<b>3</b> 10:00 Discussion Group-V 11:15 Balance – GYM 12:00 Nutrition Talk 1:00 Knitting –HCB	<b>4</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 1:00 Parkinson’s Support-V	
<b>7</b> 10:00 Yoga –V 11:00 Balance – GYM 2:00 Zumba Gold– GYM	<b>8</b> 1:30 Tai Chi –GYM 2:00 Crafting-V To be Announced—Call center for details	<b>9</b> 8:30 & 10:00 Yoga—V 9:45 Chair Yoga-V 11:00 Lift Your Spirits-GYM 1:00 History –V 2:00 Zumba Gold– GYM	<b>10</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB 5:30 COA Board Meeting-V	<b>11</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 1:00 Parkinson’s Support-V	
<b>14</b> 10:00 Yoga –V 11:00 Balance – GYM 2:00 Zumba Gold– GYM <b>Grab &amp; Go! Treat</b>	<b>15</b> 1:00 Writing Group-V 1:30 Tai Chi –GYM	<b>16</b> 8:30 & 10:00 Yoga—V 9:45 Chair Yoga-V 11:00 Lift Your Spirits-GYM 1:00 History –V 2:00 Zumba Gold– GYM 12:00 Caregiver-V	<b>17</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB	<b>18</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball 1:00 Parkinson’s Support-V	
<b>21</b> 10:00 Yoga –V 11:00 Balance – GYM 2:00 Zumba Gold– GYM	<b>22</b> 1:30 Tai Chi –GYM	<b>23</b> 8:30 & 10:00 Yoga—V 9:45 Chair Yoga-V 11:00 Lift Your Spirits-GYM 1:00 History –V 2:00 Zumba Gold– GYM	<b>24</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB	<b>25</b> <b>Holiday</b> The Senior Center is Closed	
<b>28</b> 10:00 Yoga –V 11:00 Balance – GYM 2:00 Zumba Gold-GYM	<b>29</b> 1:30 Tai Chi –GYM	<b>30</b> 8:30 & 10:00 Yoga—V 9:45 Chair Yoga-V 11:00 Lift Your Spirits-GYM 1:00 History –V 2:00 Zumba Gold– GYM	<b>31</b> 10:00 Discussion Group-V 11:15 Balance – GYM 1:00 Knitting –HCB		

*Our goal is to remain active in your lives, and to keep you connected and supported during these challenging times.*

## **Balance For Life, Tai Chi , Lift Your Spirits and Zumba—moving INDOORS**

*So many choices to stretch, strengthen, improve balance, move and have some fun, socially distanced!*

## **Yoga —continues VIRTUALLY**

Yoga, which has so many health benefits, continues to be offered thanks to Elizabeth and Anne who have both managed to make a virtual class with participants on a video screen something to look forward to. In some cases, spouses have joined the activity and we love to hear that. As many of you know, yoga is widely believed to combat stress, alleviate pain, provide relief from arthritis, calm the effects of asthma, and reduce or control inflammation in the body, among many other things. Though it is a popular and important activity, we are not bringing it on-site yet, partly because it is working as is and because we feel that we cannot accommodate both deliveries. We are reluctant to make a change that might upset a workable system that most are able to enjoy from some corner of their homes and still receive and reap the benefits from these wonderful instructors who are managing to take them on this healthy and joyful journey despite the chaos and disappointments of this uncertain year. ❤

# 🌀 Programs – Fit & Fun for Fall 🌀

## **VIRTUAL PROGRAMS w/ ZOOM**

Email or call any of the staff if you would like to receive an invitation to any of these groups. Technical Support is available to those wishing to participate in these opportunities.

### **FITNESS CLASSES “at HOME” continue virtually**

We will be adding new links and new VIDEOS, so please continue to check the website, Facebook page, or call with a question. Call to be added to a group receiving broadcast phone calls about specific activities, so you don't miss out!

**Yoga with Anne—M,W,F @ 10am (ZOOM)**

Call or email if you would like an invitation to this LIVE class

**Chair Yoga with Elizabeth—W,F @ 9:45am (ZOOM)**

**Yoga with Elizabeth—W,F @ 8:30am (ZOOM)**

Call or email if you would like an invitation to this LIVE class

**Balance For Life with Sue—M, F @ 11 am on SCTV**

**Lift Your Spirits with Sue—TU, TH @ 11 am on SCTV**

Links to these classes via email. Call or email to receive a link, so you can exercise anytime that's convenient for you!

**Arthritis Exercise with NVNA—M-F @ 11 am on SCTV**

Links to these classes via email. Call to receive a link via email or find links on our Facebook page or town webpage.

**SilverSneakers Workout Classes** —find on Facebook .

Classes are LIVE and RECORDED so you workout anytime it's convenient for you! Available at no cost for adults 65+ on participating Medicare Plans.

**Tai Chi for Healthy Aging—Wed @ 11am on SCTV**

Call or email if you would like to be informed when this class becomes available for you to follow from home.

Call 781-545-8875 or email [lthornton@scituatema.gov](mailto:lthornton@scituatema.gov)

**DISCUSSION GROUP THURSDAYS @ 10 am**

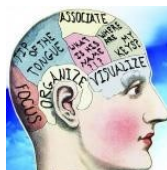
**NOVEMBER 5, 12, 19 & DECEMBER 3, 10, 17**

Coffee, Conversation, Connection. Call if you would like to receive an invitation to join via ZOOM. Suggest a topic!

**MEMORY TRAINING MONDAYS @ 1 pm**

**NOVEMBER 2, 9, 16, 23**

On ZOOM! Join us for this 4-week workshop using a virtual interactive format. We will “meet” 1:00-3:00 pm. Class will be limited to 9. Register On-line @ My Active Center or call to sign up at 781-545-8872.



**THE STAFF IS ALWAYS AVAILABLE TO ANSWER QUESTIONS OR JUST TO CHAT. GIVE US A CALL!**

## **READING TOGETHER**

**NEW**

**Facilitator, Nancy Harris, PhD**

A program connecting volunteers by phone with individuals who would enjoy hearing a novel read on a scheduled basis weekly.

Would you be interested in having a book read to you over the phone? Would you enjoy having a “pen pal” that you would speak to every week and would plan to read from an agreed-upon new or favorite novel or other text on a regular basis?

Please let us know by calling Lisa at 781-545-8875 or Jenny at 781-545-8873.

## **FITNESS CLASSES MOVING INDOORS**

*Sign up is required! Space is limited!*

Indoors at Veterans Memorial Gymnasium

**Stretch, Strength, Balance –M@11am, TH@11:15am**

**Lift Your Spirits (Weights) – W @ 11:00am**

**Tai Chi for Healthy Aging – TU @ 1:30pm**

**Zumba Gold with Justine– M, W @ 2pm**

**Pickleball - F @11:00am**

*Sign up is required! Space is limited!*

Indoors at Harbor Community Building

**Arthritis Exercise “Joint Efforts”- M @ 10am**

*Please call the senior center to sign up or sign up on line!*

## **WRITING GROUP**

**TUESDAYS @ 1PM**

**ROBINE ANDRAU**

**ZOOM**

**BRING YOUR STORIES TO LIFE** in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share. Call for dates!

## **EXPRESSIVE WRITING**

**MONDAYS @ 12:30PM**

**LIZ ENNIS**

**HARBOR COMMUNITY BUILDING**

No writing experience necessary. We don't care about grammar! Try this activity to encourage *expression*! Sharing, storytelling & connection in a casual & welcoming space. Great activity for cultivating mindfulness, gratitude & joy! Spaced Limited. Sign up!

## **MEN'S BREAKFAST (Zoom)**

**FIRST TUESDAYS**

**Tues, Nov 3 @ 9am**

GUEST SPEAKER: Joe Kelley of the Veterans Advisory Council & member of the Rotary Club will discuss the school in Afghanistan that he has been instrumental in creating in his son Michael's name and Scituate's new status as a Purple Heart Community.

**Tues, Dec 1 @ 9am**

GUEST SPEAKER TO BE ANNOUNCED!



# 🌀 Programs & Professional Meetings— 🌀

## SCITUATE HISTORY with Bob Jackman

**Scituate Settlement 1630-1770** – on Wednesdays (6 weeks) from 1-2:30pm. This program will be shown on Scituate Cable Television and YouTube. The YouTube video will open on Wednesday at 1pm with a 48-hour viewing window provided through a link to class members from the Senior Center. November 4, 18, 25, December 2, 9, 16. Sessions Fee \$20 for six sessions.

**Scituate Settlement 1630 - 1770** will provide a fresh, sweeping interpretation of Scituate's early years both before and after Hanover split away. This course will present a unified narrative of Scituate's early years that is consistent with the three books devoted to this era and also which aligns the period documents. The focus of the course will be adaptive in that at times we will follow the settlement or a single family or group of families. Other times we will pursue the endeavors of an individual who significantly defines a new course of utilizing the land. A third approach will be follow the evolution of a local industry or business. As with other courses in this history series, the material presented will be firmly anchored with documented sources.

*CABLE TV OR YOUTUBE OPTION: The shows can be viewed on Scituate Cable TV channels 8 and 22 OR on YouTube with a link provided by the Scituate Senior Center for the viewer's convenience between 1pm on Wednesday and 1pm on Friday. Call the SC to be on the distribution list to receive the link a day before the broadcast.*

## Heart Healthy Eating and Shopping Dec 3rd @ Noon (Zoom)

Free Virtual Presentation by Big Y's Consulting Dietitian,  
Kathy Jordan, MS, RDN

Join us to discover the current recommendations for heart-healthy eating with tips to apply them to the purchases you make at your local market

- Explore various meal plans recommended for heart health
- Learn about the role of healthy fats, fiber, anti-oxidant and anti-inflammatory foods, vitamins and minerals for maintaining a healthy heart
- Discover which products at your local market fit into your heart healthy lifestyle.
- Dispel current myths and misinformation about diet, nutrition and health.

Call the center to sign up and we will send you the Zoom link to join this virtual presentation by Big Y's Consulting Dietitian.

## iPad TRAINING TIPS Sessions with Katy Mayo - Zoom

**Friday Nov 6, 12:30pm and Friday Nov 13, 12:30pm**  
**\$8.00 each session. Register in advance !**

### Topics that may be covered include:

- How to find anything on Google
  - Add an attachment to an email
  - What is an app on your iPhone or iPad
  - How to take a picture with your device.
  - Facetime
  - Shopping online
  - Banking/bill pay online
  - Picking strong passwords
  - Social media – explain the different ones (Facebook, Instagram, LinkedIn)
  - Questions submitted in advance of the Zoom meeting
- If you are registered and have paid for the sessions, we will send you a Zoom link to join the tech tip meeting. Learning new technology can be challenging and sometimes it's easy to forget what you learned before you have some time to practice what you learned, so this meeting will be recorded! You will be able to view the tips again and again!
- Register on-line or call the center at 781-545-8722.

## PROFESSIONAL MEETINGS

*Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8874 for any of these professionals*

### SHINE—BY APPOINTMENT—*Serving the Health Information Needs of Everyone*

Call for a referral to SHINE counselor **Rich Durkin**, volunteer for the Senior Center to discuss issues and concerns regarding your health insurance coverage. He is available for a 45-minute phone consultation.

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS- Consult with **Elaine Buonvicino, Independent Insurance Agent**. Complimentary appointments are available. Please call the Center to be referred to Elaine.

ASK A LAWYER- Elder Law Attorneys **Michael Loring, Chris Sullivan & Frederick Hayes** available by appointment. Call to schedule.

MEET YOUR SENATOR- Senator **Patrick O'Connor**. Call to be referred to their office.

MEET YOUR REPRESENTATIVE- Representative **Patrick Kearney**. Call to be referred to their office or call his office directly at 617-722-2014 to discuss concerns.

FINANCIAL SERVICES- **Lori Shea**, Edward Jones Financial Advisor is available for a FREE 30 min phone appt. Call the Senior Center to be referred for a free appt.

# Information – Resources & Technology

## **Technology Support—Appointment Times**

Don't be left behind! If you have questions about technology, you can speak with one of our volunteers over the phone. Dick Eckhouse is available to answer questions, guide you, make recommendations and help you get and stay connected while you are at home! ***Don't be shy, this is the perfect time to give technology a try!***

Appointment times available:

M, W, F @ 11am, 11:45am, 12:30pm

Appointment times can be booked by calling the office @ 781-545-8875 or 781-545-8874 to speak with Lisa or Jill.

## **ZOOM Tech Talk with Katy Mayo**

Nov 20th @ 12:30pm \$8/session .

Please call the Center to receive the Zoom link

## **To join FOSS— send \$10 membership fee**

"Friends of Scituate Seniors"

P.O. Box 75

N. Scituate, MA 02060



## **VAN TRANSPORTATION**

We encourage everyone to continue to follow the stay at home advisories as able and to maintain social distancing.

Transportation is available for critical medical appointments and occasional prescription deliveries, as well as supermarket trips.

Transportation to **Shaw's on Wednesdays** or the **Village Market on Thursdays** continues to be available with passenger limits. All riders will be asked COVID-19 screening questions. Everyone is **required to wear a proper face covering** while on the vans and in public.

We are looking forward to resuming full transportation services as soon as it is safe to do so.

We deeply appreciate our drivers for their dedicated service. We are extremely fortunate for their commitment to provide transportation services during the Covid-19 pandemic.

Please call the Senior Center to reach the Transportation Coordinator at 781-545-8872, press 3 for all transportation needs.

Please be patient when leaving messages that require a return call while we transition to a new staff person. We request at least a 5-day lead time for rides to medical appointments.

## **Transfer Station Permits**

The Senior Center holds two **Transfer Station permits** for single-day use.  
Call to sign out.

## **'LAUNCH' PROGRAM**

**Launch II** is a state approved day-based work program for young adults with disabilities.

Our lawn mowing and yard clean up services are provided by these young adults, while supervised by job coaches. Because we are not professionals, we tend to select smaller projects both mowing and clean ups which are more manageable for our individuals.

Costs are extremely reasonable.

Please call Kevin McCord at 781-740-1206 for an estimate. Or Jenny Gerbis, 781-545-8873 for more information.

## **Resources from the TOWN OF SCITUATE**

### **COUNCIL ON AGING**

Town of Scituate COA Website <https://www.scituatemagov/council-on-aging>

Facebook page – Like and Follow! **Scituate Council on Aging**

Emails from the Council on Aging — provide us with your email address so you receive information from us!

### **TOWN OF SCITUATE**

Bi-weekly video updates from Town Administrator/Selectman

### **BOARD OF HEALTH—600 CJC Highway, 781-545-8725**

The Public Health Nurse, Eileen Scotti is available on Wednesday and Thursday mornings. Call 781-545-8706. THE SCITUATE BOARD OF HEALTH STRONGLY RECOMMENDS THAT RESIDENTS FOLLOW THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AND THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH (DPH) GUIDELINES.

### **MASKS**

Town officials urge everyone to wear cloth face coverings or masks outside of homes to help slow the spread of COVID-19. Mask can be requested at SANDS HELPS website. Or call the Senior Center if you do not have a computer.

### **SANDS HELPS**

What is SANDS HELPS? <http://www.sandshelps.org>

*Scituate Community Response and Mutual Aid.* Designed to facilitate community response during the COVID-19 health emergency. Scituate residents may request help or sign up to donate and/or volunteer. SANDS Helps is collaborating with Scituate Community Christmas, Scituate Public Schools, Scituate Food Pantry, Scituate Council on Aging and Scituate FACTS to meet the needs of our residents. Where possible, we encourage "Neighbors Helping Neighbors" as your first option. Additionally, you can call 2-1-1 or visit Mass211.org for greater assistance and resources. As always, for any emergencies please call 9-1-1.

### **TRASH | TRANSFER STATION:**

**Transfer Station Hours for Seniors AGE 60+ with a Scituate Transfer Station Sticker, Mondays, 8-10am.** The Scituate Transfer Station continues to offer Senior Hours. Everyone must follow suggested safety guidelines. Please practice social distancing and do not linger at the facility.



CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066



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The cost of mailing this newsletter is supported by funds we receive from the state  
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**Council on Aging Board Meetings** are scheduled for the 2nd Thursday of the month at the Senior Center but are virtual at this time. These are public meetings & are recorded to be played on Scituate Cable TV & Facebook Live, when possible. **Check the town website for meeting postings or changes.**



SPECIAL NOVEMBER EVENT!



**THE SINGING TROOPER!**

Enjoy this special musical performance by the beloved Singing Trooper, Sgt. Daniel M. Clark. During his tenure with the State Police, Clark performed at more than 2,500 events for federal, state, local, and military functions. He has performed 25 foreign national anthems in native dialect, for visiting dignitaries and at sporting events. Available for viewing during the month of November on Scituate SCTV, Channel 8 & 22 as follows:

**November 1 - 15** at 4:00 pm daily

**November 25** at 9:00 am - 2:00 pm on the hour

**November 26 - 29** at 1:00 pm daily



Please call 781-545-8722 with your email for the Unlisted YouTube link.

## **WE ARE ON-LINE TOO!**

You can read this newsletter on-line  
BEFORE it comes in the mail.

Go to: Town website at [scituatema.gov](http://scituatema.gov);  
**Department-Council on Aging,**  
**Newsletters.**

ALSO, [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

Find: **Scituate Council on Aging.**

You can sign up with your e-mail and  
receive notice when it is published  
(well before mailing!).

"Like" us on **Facebook:**

Search **Scituate Council on Aging** AND  
**TownofScituate** Share to your friends!

Follow us on Twitter: **@ScituateCOA.**

**HOPE Springs Eternal** Events in planning stages for the future!

Self-Care Retreat Workshop—2021

Art for Your Mind— April 2021 @ The New Building!!!